



Our meeting is on Saturday,
January 16, 2010 at
10:00 am in the Allentown Public Library
basement conference room.

A **Block Head** is a person who is available to call about problems that a person is having in their neighborhood. Remember that LANA is a large group of neighborhoods and that they all have their own problems, as well as the same major problems we all have to deal with.

You will receive calls that are about drug houses, some one making noise at 2 or 3 am, problems with animals, etc. A lot of times the person calling just needs to know that some one cares about what they are going thru in that block.

Some times you will be forwarding information to City departments for them or can give the correct phone number to the caller. Some callers do not want to call City departments as they are afraid that their name will be given out.

This is when the Checkmate card comes in handy, if the person does not have a Checkmate card, get their name and address for us to drop a card or tell them to get one at the next meeting. Being a block head is not hard; you just need to listen to the person who called you.

**Block Heads Needed for Our Neighborhoods
Call us to volunteer!**

Nick Butterfield: 610-770-1751
butterfield@allentowncity.org
Dottie Anderson: 610-435-6684
Phyllis Alexander: 610-437-3674

Safety during winter storms

With the expected arrival of the first significant winter storm of the season and the icy conditions that will result, Allentown Health Bureau Director, Vicky Kistler urges everyone to practice safety when shoveling and to be careful when walking on sidewalks, steps, parking lots, streets and roof tops. Many of the back injuries and falls suffered during the winter are attributed to weather related conditions.

When the snow covers the sidewalks, residents, many of whom have not lifted heavy loads for some time, are shoveling. To avoid back injury, here are some tips to follow:

1. Make sure that your grip and balance are solid.
2. Tighten your abdomen as you lift.
3. Keep the shovel close to your body.
4. Bend your knees, not your back.
5. Use the strength of your thigh muscles to bring you to an upright position.
6. Increase your leverage by keeping your bottom hand low and toward the shovel blade. This allows you to

"Clip and put this on your fridge."

IMPORTANT PHONE NUMBERS

To Report:	Number to call:
Police-Fire-Ambulance	911
Police Non-Emergency	610-437-7751
Call to report graffiti	
Chief McLean	610-437-7777
Police-Vice Unit	610-437-7626
Gang Tip Line	610-439-5934
Crime Tip Line	610-439-5911
Zoning Office	610-437-7630
Code Enforcement/Housing	610-437-7695
Problem Properties	
Mayor Pawlowski	610-437-7546
Loud Music/Noise/People working on cars in street	610-437-7751
Graffiti – to request removal	610-437-8729
Tall grass & weeds	610-437-8729
Property not recycling, incorrect storage of trash or garbage out before 6 pm	610-437-8729
Special Operator (after 7)	610-437-7571
Housing/Rentals	610-437-7697
Roach, insects or mice Infestation also no heat or water	
Over grown shrubs	610-437-7589
Shopping Carts pick up	1-800-244-2278
Animal Control	610-437-7535
Animal abuse/neglect	610-797-1205
Garbage	610-437-8729
Allentown Parking Authority	610-437-3366
Sweep Officer	610-437-8729

use the strength of your arms and shoulders to take the load, instead of your back.

7. The first step you should take when icy weather is present or anticipated is to be prepared for the conditions. Check the weather forecast and traffic conditions before you set out, and get regular updates.

Perform simple tests to check for walking conditions – such as, before stepping out of the car, place a foot on the ground and test the walking surface. It is important to have a good "safe" position; an erect, balanced position; from which to start.

Proper foot gear will help keep you from slipping and sliding. High heels are not recommended! Flat or low

heel, rubber-soled shoes with a wide tread design are good for walking on slippery surfaces. For serious walkers or those walking in icy outdoor condition, cleated shoes or boots, or cleats that can be slipped onto shoes or boots, may help.

It is important to take your time and plan ahead when icy weather conditions are present. Plan your route and leave earlier so that you don't hurry. Take no more than half-stride steps; ensuring one foot is firmly planted before moving the next. Use handrails, where available, particularly on steps and ramps.

Things to check to winterize your home.

Fire Safety: Check your smoke alarms. There should be one working on every floor. A future requirement to consider now is one in every bedroom. If your smoke detectors are more than 10 years old, replace them. Remember to change the batteries in your smoke alarms when daylight savings time ends.

Have hot water tanks checked for leaks and/or cleaning.

Oil furnaces should be checked every year; gas furnaces every 3 years; install Carbon Monoxide alarm by the furnace. Check your chimney to be certain it's not blocked and have it cleaned every 10 years.

**Next meeting: Saturday,
February 20, 2010, at 10 am**
in the Allentown Public Library
basement community room.

Scheduled meeting dates for 2010:

Saturday, January 16, 10 am	Saturday, Feb 20, 10 am
Monday, March 15, 6:30 pm	Saturday, April 17, 10 am
Monday, May 17, 6:30 pm	Saturday, June 19, 10 am
Monday, July 19, 6:30 pm	Saturday, Aug 21, 10 am
Monday, Sept 20, 6:30 pm	Saturday, Oct 16, 10 am
Monday, Nov 15, 6:30 pm	– last meeting of the year.

SUPER BOWL SUNDAY

"FANS DON'T LET FANS DRIVE DRUNK"

Alcohol-related crashes – and fatalities – can be prevented. Designating a sober driver before the Super Bowl party begins is just one of several easy steps to remember to help save lives. Here are some more suggestions:

If you are hosting a Super Bowl party:

- Remember, you can be held liable and prosecuted if someone you served ends up in an impaired driving crash.
- Make sure all your guests designate their sober drivers in advance, or help arrange ride-sharing with other sober drivers. Take the keys away from anyone who is thinking of driving while impaired.
- Serve lots of food – and include lots of non-alcoholic beverages at the party.
- Stop serving alcohol at the end of the third quarter of the game and begin serving coffee and dessert.

If you are attending a Super Bowl party or watching at a sports bar or restaurant:

- Avoid drinking too much alcohol too fast. Pace yourself – eat enough food, take breaks and alternate with non-alcohol drinks.
- Designate your sober driver before the party begins and give that person your car keys.
- If you don't have a designated driver, ask a sober friend for a ride home, call a cab, friend or family member to come get you; or stay where you are and sleep it off until you are sober.
- Never let a friend leave your sight if you think they are about to drive while impaired. Remember, *Fans Don't Let Fans Drive Drunk*.
- Always buckle up – it's still your best defense against other impaired drivers.
- Please pay attention to the above information. Use it, and share it with your friends and family.

NATIONAL WEAR RED DAY

Friday, February 5, 2010 is the day to wear your favorite red clothes or accessory - a red blouse, a red dress pin, a fabulous red handbag - put on red lipstick, or sport a red tie and red socks. Go red in your own fashion to show your support for women and the fight against heart disease.

Through your support, we have made a significant impact around the issue of women and heart disease. In the last five years we have raised awareness of the fact that heart disease is the #1 killer of women.

However, our work is not done. There are still too many women who are not aware of this disease and the actions they can take to reduce their risk. Help us by sending this email to your friends and family and wearing red on Friday, February 5th.

Macy's, a proud national sponsor of Go Red for Women, will help us celebrate our anniversary. On Friday, February 5, 2010, Macy's will offer an all-day savings pass for customers wearing red. For those who forget their red, Macy's is offering an all-day savings pass to those who make a \$2 donation in the store to the American Heart Asso. All contributions received will benefit the Go Red for Women movement. Learn more about Macy's support of Go Red. Thank you to all for your support.

Your friends at the American Heart Association

Printed on recycled paper.

Courtesy of the City of Allentown.

Nick's brother, Robert Butterfield died on Tuesday, January 5th. Please join me in expressing your sympathy to Nick and his family.